



# IMPLEMENTING EDUCATION ON SAFE TRANSFER TECHNIQUES

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# PICO Question:

- Does providing formal education on safe transfer techniques to registered nurses (RN) reduce the rate of hospital injuries among RNs and their patients when compared to RNs who are informally educated on safe transfer techniques?

# Literature Review:

- Centers for Disease Control and Prevention (CDC) issued an article “*Safe Patient Handling and Mobility (SPHM)*” stating:
  - “...injury rate for hospital workers directly related to overexertion was 68 per 10,000 full time employees”.
  - “...the single greatest risk factor for overexertion injuries in healthcare workers is manual lifting, moving and repositioning”.

# Literature Review:

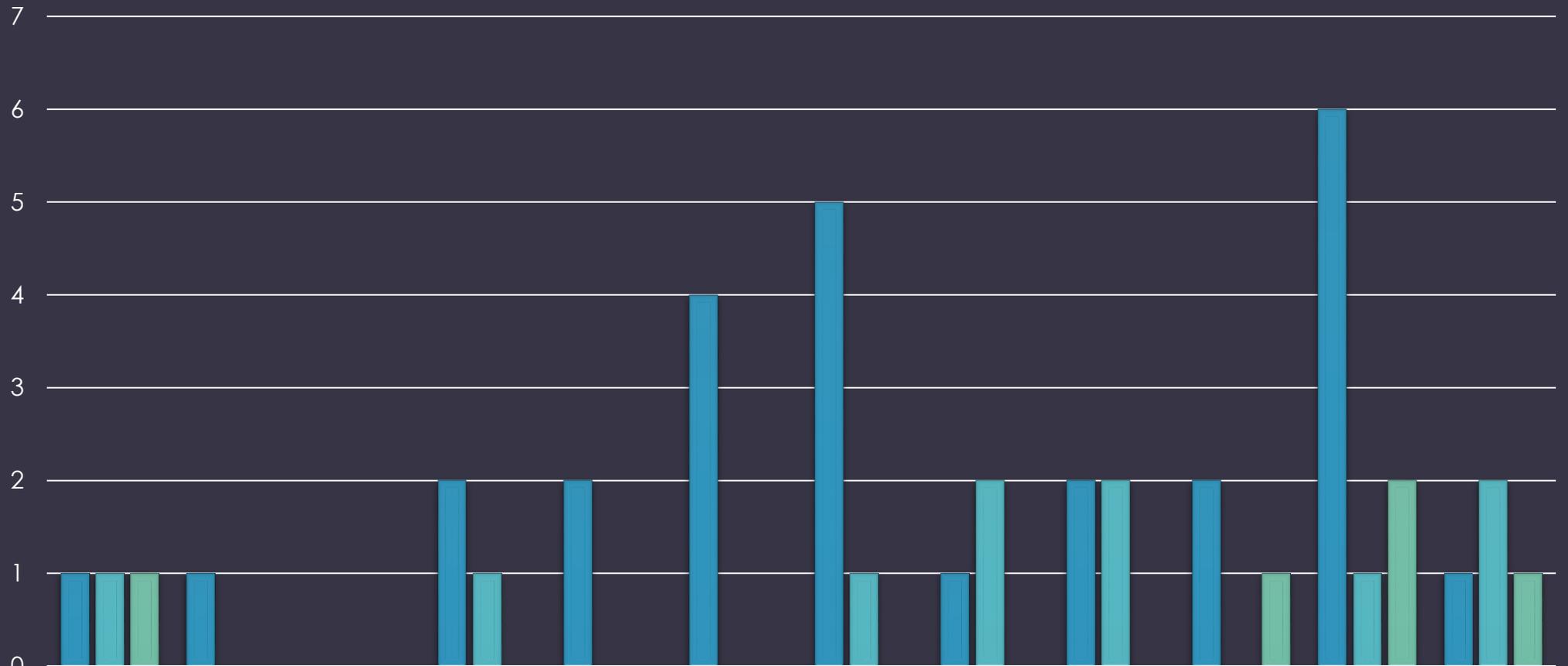
- Article titled “*Reducing Injuries During Patient Transfer Among Nurses, Radiology Technicians and Care Givers*” states:
  - Factors increasing the risk of work-related injuries include
    - Heavy physical work
    - Lifting and forceful movements
    - Bending and twisting (ergonomically incorrect positions)
    - Repetition or frequency of movement patterns

# West Penn Hospital Employee Related Injuries:

- January 2017 to December 2017
  - Total nurse-reported injuries possibly related to improper patient handling = 42
    - Sprains and Strains = 27
    - Caught In, On, Between = 10
    - Work Place Trauma = 5

# West Penn Hospital 2017 Workplace Injuries (possibly related to improper patient handling)

No. of employee injuries  
in areas where nurses work



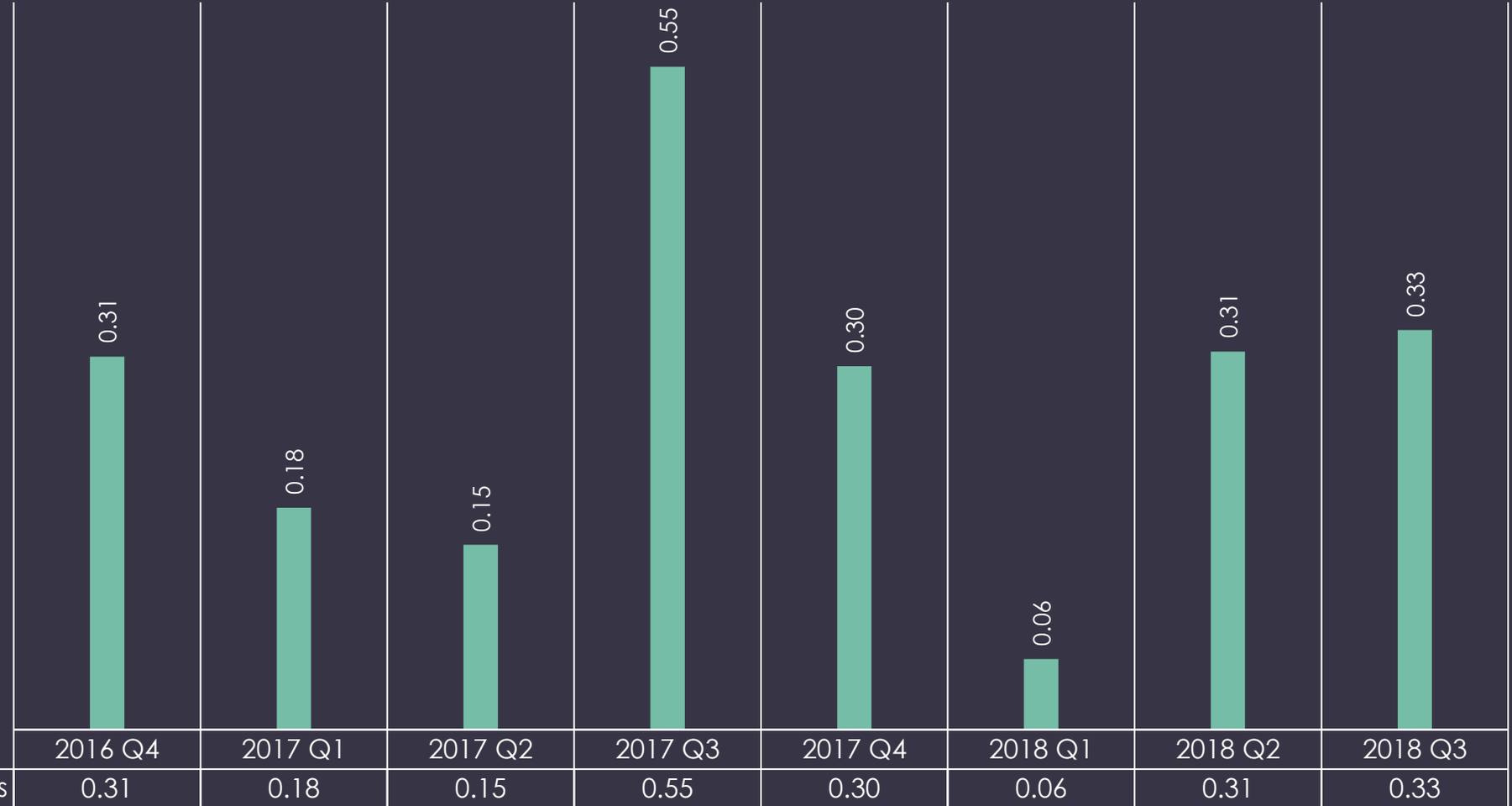
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
■ strains/sprains	1	1		2	2	4	5	1	2	2	6	1
■ caught in/on/between	1			1			1	2	2		1	2
■ workplace/trauma	1									1	2	1

# Literature Review:

- Occupational Safety and Health Administration (OSHA) issued a publication titled, “*Safe Patient Handling Programs: Effectiveness and Cost Savings*” that addressed the following:
  - Patient transfers directly impacts patient safety:
    - Damage to body parts (ex. shoulders from manual lifting)
    - Skin Injuries (ex. bruising, skin tears and pressure ulcers)
    - Falls and Injury from Falls (ex. fractures [arms, ribs, hips and legs] and brain bleeds)

# West Penn Hospital Falls Case Mix Index

PATIENT FALLS PER 1000  
PATIENT DAYS



■ Total patient falls per 1000 patient days

# Planning:

- Collaborate with physical therapy to determine most common transfer techniques used throughout patient care.
- Film an educational training video on proper transfer techniques.
- Incorporate training education into every new hire orientation.

# Implementation:

Monday January 20, 2019



# Evaluation:

- Analyze comprehensive data, one year following the implementation of the education for:
  - Decreased employee injuries
  - Decreased patient falls

# References:

- Safe Patient Handling and Mobility (SPHM). (n.d.). *NIOSH*. Retrieved from <https://www.cdc.gov/niosh/topics/safepatient/default.html>
- Gagne, R. (2011). Reducing Injuries During Patient Transfer Among Nurses, Radiology Technicians and Care Givers. *Fit2wrk*, 1(17), 1-3. Retrieved from [https://fit2wrk.com/wp-content/uploads/2015/08/ARTICLE\\_Fit2wrk\\_ClinicalEd\\_vol1-17.pdf](https://fit2wrk.com/wp-content/uploads/2015/08/ARTICLE_Fit2wrk_ClinicalEd_vol1-17.pdf).
- Safe Patient Handling Programs. (n.d.). Retrieved from [https://www.osha.gov/dsg/hospitals/documents/3.5\\_SPH\\_effectiveness\\_508.pdf](https://www.osha.gov/dsg/hospitals/documents/3.5_SPH_effectiveness_508.pdf)
- NDNQI-both graphs